

# CPR for an Adult

1

Check the person and the person's ABCs (Airway, Breathing, Circulation).

If the person is unresponsive and not breathing normally, call EMS/9-1-1 and get an AED or have someone else do this.

2

Place both of your hands on the centre of the person's chest.

Do 30 chest compressions: Push deeply and steadily.



3

Open the airway by tilting the head back and lifting the chin.

Place your barrier device over the person's mouth and nose.

Give 2 breaths.



4

Repeat cycles of 30 chest compressions and 2 breaths.

Continue CPR until an AED arrives or more advanced care takes over.



The information in this poster does not replace formal First Aid & CPR training.

Contact us to find a Red Cross First Aid course in your area and download our free First Aid app:  
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# Current Red Cross Cpr Guidelines

**Laurel D. Kersten**

## Current Red Cross Cpr Guidelines:

American Red Cross First Aid/ CPR/ AED Participant's Manual American Red Cross,2021-10-19      American Red Cross First Aid American Red Cross,2005      **Fitness Professional's Handbook** Barbara A. Bushman,2024-04-09 With a newly restructured framework that strongly emphasizes real world application Fitness Professional's Handbook Eighth Edition With HKPropel Access provides current and aspiring fitness professionals the road map for working with clients The text translates key concepts into practical application by guiding the reader through screening participants conducting fitness testing evaluating the major components of fitness and prescribing appropriate exercise This eighth edition reflects the most up to date research position stands guidelines and standards from the American College of Sports Medicine ACSM other professional societies and government agencies New case studies reflecting a diverse array of clients offer real world applications and Research Insight sidebars cover a wide range of applicable scientific topics Significant updates changes and additions have been made throughout including these An updated overview of assessment that provides practical understanding of preparatory steps such as obtaining informed consent taking steps to maximize client safety and explaining test results in a way that will be meaningful and relevant A new chapter on how to combine assessment results with a client's personal goals to create a comprehensive exercise program readers will learn how to develop the optimal training stimulus and to balance activity level and nutritional requirements to optimize outcomes and safety for clients Expanded content on working with clients who are pregnant covering the benefits of exercise during and after pregnancy contraindications and signs that warrant stopping exercise and new content on pelvic floor training Updated content on chronic diseases featuring the latest information on cardiovascular disease pulmonary disease diabetes osteoporosis and cancer Additional new information includes two new muscular fitness tests a section on pharmacology that covers major drug categories and offers insights into how medications can affect heart rate blood pressure and physiological responses to exercise and coverage of neuromotor fitness The engaging full color textbook is further enhanced by 26 related online videos delivered through HKPropel facilitating a deeper understanding of techniques in the book and development of practical skills Comprehensive yet practical in nature Fitness Professional's Handbook is designed to prepare students for professional certification and empower current fitness professionals to work with various populations to improve health fitness and quality of life through appropriate screening testing and exercise prescription Note A code for accessing HKPropel is not included with this ebook but may be purchased separately      Sport First Aid Robb S. Rehberg,2025 Approximately 90 percent of high school student athletes report sustaining an injury while participating in sports With only about one third of high schools in the United States having full time athletic trainers and another third lacking any athletic trainer services you the coach are often the first responder when an injury occurs This reality underscores the importance of providing you with proper training in first aid and injury prevention Such training prepares you to act quickly and appropriately when an athlete is injured or becomes

ill ensuring the safety and well being of your student athletes As a current or aspiring high school or club coach you can rely on Sport First Aid Sixth Edition for the information you need to be a capable and confident first responder The sixth edition has been revised and restructured It features an unparalleled author team of experts in athletic training sports medicine exercise science and physiology strength and conditioning and sport coaching It reflects the leading health organizations latest emergency guidelines including those for CPR concussion dehydration and heat illness Tailored specifically to your needs as a coach the text covers causes symptoms and action steps for more than 100 injuries and illnesses In this sixth edition the most common injuries and illnesses are described in greater detail and prioritized so they are easier to reference Additionally flowcharts for over 40 specific injuries and illnesses offer step by step visuals to guide you through the decision making and response process Beyond specific first aid procedures the text provides guidance on understanding your legal duties as a coach assembling an athletic health care team and collaborating with other team members minimizing the risk of injury planning for medical emergencies administering the plan during emergency situations and assessing when and how to move injured and sick athletes An athletic trainer may not always be present at every practice and game As a coach it's crucial to have a basic understanding of first aid and injury prevention Sport First Aid is the most authoritative source for this potentially life saving information It will prepare you to respond appropriately in emergency situations meet your legal obligations as a coach and foster a safe environment for your athletes

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PUBLISHER: TEKTIME      **American Red Cross CPR for the Professional Rescuer** American Red Cross, 1993

**Ferguson Career Resource Guide to Internships and Summer Jobs, 2-Volume Set** Carol Turkington, 2014-05-14  
Provides details on over 550 internships and summer jobs      **National Library of Medicine Current Catalog** National Library of Medicine (U.S.), 1993      **Utah State Bulletin**, 2009 the official noticing publication of the executive branch of Utah State Government      **"Code of Massachusetts regulations, 2014"**, 2014 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020      **"Code of Massachusetts regulations, 2015"**, 2015 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020      **"Code of Massachusetts regulations, 2016"**, 2016 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020      **First Aid** Cassian Pereira, AI, 2025-03-17 First Aid is a vital guide for anyone seeking to master life saving techniques and confidently respond to medical emergencies. This comprehensive resource equips readers with essential skills in wound management, CPR and emergency response. Did you know that effective CPR involves chest compressions at a rate of 100-120 per minute, mimicking the rhythm of the song Stayin' Alive? Or that understanding how to manage allergic reactions can be the difference between life and death while awaiting medical support? The book presents information in a clear, concise manner, starting with fundamental principles like safety precautions and infection control, then progresses to detailed chapters on specific injuries and medical conditions. Practical scenarios reinforce learning, ensuring you're prepared to act decisively. First Aid emphasizes that basic medical knowledge isn't just for professionals; it's a shared responsibility that empowers communities to be safer and more resilient.

**Subject Guide to Books in Print**, 1997      **Darby & Walsh**

**Dental Hygiene - E-Book** Jennifer A Pieren, Cynthia Gadbury-Amyot, 2024-01-19 2025 Textbook and Academic Authors Association TAA Textbook Excellence Texty Award Winner Selected for Doody's Core Titles 2024 with Essential Purchase designation in Dental Hygiene online procedure videos are included with new text purchase Human Needs Conceptual Model Oral Health Related Quality of Life frameworks in which all discussions are presented within the context of a person centered care model take the entire person into consideration Learning aids in each chapter include professional development opportunities learning competencies patient education tips critical thinking scenarios and discussions of legal ethical and safety issues which help your practical application and problem solving skills and bring the profession to life NEW Increased focus on new and emerging technologies keeps you up to date with the latest advances in the field NEW Telehealth chapter explains how to practice telehealth and teledentistry in nontraditional and community based settings NEW Mental Health and Self Care chapter provides timely content on safeguarding mental health and wellness for the practitioner and the patient UPDATED Enhanced coverage of infection control prepares you to practice as a dental hygienist in the time of COVID 19 and potential future pandemic events UPDATED Coverage of Caries Management by Risk Assessment CMBRA for integrating into the dental hygiene process of care EXPANDED Further integration of the current American Academy of Periodontology periodontal classifications throughout the text Integration of theory throughout the book includes content on how to incorporate the use of theory in practice **Exploring Osaka** David M. Dunfield, 1993 A comprehensive English language guide to the city of Osaka for business travellers and tourists alike Second only to Tokyo as a banking and trade centre of Japan Osaka is a centre of tradition and culture as well the home of bunraku puppet theatre for example and is minutes by rail from Japan's ancient capitals of Kyoto and Nara A variety of suggested sightseeing itineraries are included as well as recommended museums restaurants and hotels a list of festival dates and sources of additional information

**Safety Belt Cooperative Education and Networking Outreach Projects Final Report** Donna M. Feeley, 1984  
California Occupational Guide, 1993 **Comprehensive Respiratory Nursing** Laurel D. Kersten, 1989

## Unveiling the Magic of Words: A Report on "**Current Red Cross Cpr Guidelines**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Current Red Cross Cpr Guidelines**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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